Ottawa metro

MONDAY, OCTOBER 31, 2016

Every™ Day

Help prevent osteoporosis.

USE THE ***GET ENOUGH HELPER APP*** EVERY DAY AND WE'LL DONATE* ON YOUR BEHALF.

> getenough.ca/app

Download on the App Store

ANDROID APP ON Google Play

Osteoporosis Canada

Ostéoporose Canada

*DONATIONS UP TO A MAXIMUM OF $100,000.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android, Google Play, and the Google Play logo are trademarks of Google Inc.

100% CANADIAN MILK

CANADIANS AND OSTEOPOROSIS

ONE IN 3 WOMEN AND 1 IN 5 MEN WILL BREAK A BONE BECAUSE OF OSTEOPOROSIS.

OSTEOPOROSIS IS CHARACTERIZED BY BONE LOSS THAT LEADS TO INCREASED BONE FRAGILITY AND FRACTURES, THAT CAN LEAD TO REDUCED MOBILITY, DECREASED INDEPENDENCE AND CAN IMPACT QUALITY OF LIFE.

Canadians think that bone loss begins around age **45**

IN FACT

BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR **MID-THIRTIES.**

85% of Canadians don't know that osteoporosis has no symptoms.

IN FACT

THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

65% of Canadians don't think osteoporosis is a fatal disease.

IN FACT

OVER **30%** OF PEOPLE WHO SUFFER A HIP FRACTURE **WILL DIE** WITHIN THE FOLLOWING YEAR.

Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT

AT LEAST **80%** OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT

FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER **COMBINED.**

52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT

OSTEOPOROSIS CAN ONLY BE TREATED. THERE IS NO CURE. PREVENTION IS KEY.

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT

MILK PRODUCTS NATURALLY CONTAIN MORE CALCIUM PER SERVING THAN ANY OTHER FOOD. THEY ALSO CONTAIN OTHER BONE-BUILDING NUTRIENTS SUCH AS PROTEIN, PHOSPHORUS, AND MAGNESIUM.

HOW TO KEEP YOUR BONES HEALTHY

GET ENOUGH CALCIUM-RICH FOODS SUCH AS MILK PRODUCTS.

EXERCISE REGULARLY.

GET A BONE MINERAL DENSITY TEST IF YOU ARE AT RISK.

GET ENOUGH VITAMIN D.

USE THE *GET ENOUGH HELPER* APP.
This app allows you to track what you eat and make sure you get enough of what you need.

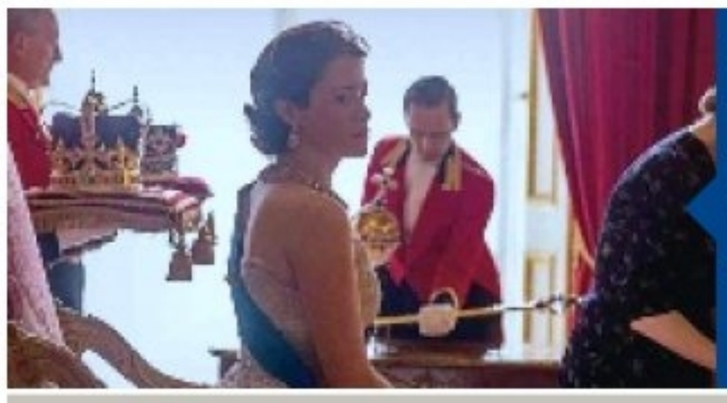
For every day you use the app, Dairy Farmers of Canada makes a $1 donation* to Osteoporosis Canada.

> **getenough**.ca/app

*Donations up to a maximum of $100,000.

Survey stats from Ipsos, 2016

Osteoporosis Canada
Ostéoporose Canada



Gender politics rule upcoming Netflix series The Crown

metroLIFE

URBAN ETIQUETTE

I want a baby but my boyfriend doesn't — now what?

metroVIEWS

Ottawa metro

Y… …ily news | MONDAY, OCTOBER 31, 2016

EU TRADE DEAL

Now the real work begins

metroNEWS

High 6°C/Low -1°C Spooctacularly Sunny

What's it really like to live here?

New website aims to answers the questions before you sign a lease

metroNEWS

For Ottawa app, snow can't come soon enough

TECHNOLOGY

By connecting users, snowplow sharing to pick up this winter

Brieanna Charlebois
For Metro | Ottawa

While most people are hoping to delay the first snowfall of the season, an Ottawa-based app is hoping to see snow flying as soon as possible.

Touchplow, an Ottawa-based app helps make the transition into the snowy months a little easier launched last year, and had a great first year. That surprised even the app's developers, because last winter was warmer than usual.

"Last year the app did remarkably well," says Dan Rogall, the creative director in charge of marketing and branding for Touchplow. "When we started, no one knew about us. After the first snowstorm last year, the app was picked up nationally. By the end of the winter we got up to 6,000 likes on Facebook."

The Uber-style app allows users to connect with experienced snowplow professionals nearby. It is free to download and allows for specification on what to clear, when, what equipment is needed and ideal budgets.

"The price depends on how large your lot is," says Rogall. "Pricing is based on an algorithm but if you want the snow cleared quickly, you can pay a premium price and that speeds up the process."

Meteorologists expect this winter could be snowier than previous years, because of the La Niña effect.

"The biggest problem we faced last year was that there tended to be a larger demand on the app than there were workers," Rogall adds. "This year we're planning on opening it up to people who own snow blowers and want to make some extra money."

we say yes when banks aren't an option. **loans from $500-$15,000.**[1]

visit us at one of our local branches

8-1235 Donald St
Ottawa, ON
K1J 8W3
613.916.6240

A-320 McArthur Ave
Ottawa, ON
K1L 5G2
613.842.0388

253 Bank St
Ottawa, ON
K2P 1X2
613.916.6329

2206 Carling Ave
Ottawa, ON
K2A 1H3
613.820.7743

4-438 McNeely Ave
Carleton Place, ON
K7C 0A6
613.257.6048

2369 St. Joseph Blvd
Orleans, ON
K1C 2E3
613.317.2880

1518 Merivale Rd
Nepean, ON
K2G 3J6
613.317.2872

let's talk
easyfinancial.com

(1) The amount of your loan will depend on our assessment of your credit profile. Ask branch for details.

easyfinancial
goeasy

metro NEWS

Your essential daily news

'A piece of Italian identity is at stake,' Premier Matteo Renzi says after powerful quake. **World**

SUFFRAGE

Women's voices heard

Brieanna Charlebois
For Metro | Ottawa

Like the women who blazed a path for them a century ago, an Ottawa women's choir raised their voices Sunday night.

The Hypatia's Voice Women's Choir brought Our Grandmother's Were Strong: Songs of Suffrage & Strength, to the Dominion-Chalmers United Church. The performance is meant to honour the Canadian suffrage movement, 100 years after women gained the right to vote.

The performance is meant to explore the experiences of Canadian women some of whom even went to prison, but kept singing anyway.

"Singing is one of the best ways to experience and to convey this message," said Laura Hawley, the choir's artistic director. "It addresses the broader picture of making sure all voices heard and represented. It's the perfect metaphor especially because music played a large role in the movement at the time."

The program was initially developed in collaboration with the Canadian Museum of History to complement their October exhibition.

This concert was a two-hour version of the program that follows the history of the movement through the experience's of the women who fought for the vote.

"You create an institution that has expertise in project evaluation and project selection."
Matti Siemiatycki
on federal infrastructure banks

Inside the Confederation Line tunnel in the summer of 2014. The Infrastructure bank the federal government is expected to announce could allow other ambitious projects to move ahead.
THE CANADIAN PRESS

Feds banking on the future

DEVELOPMENT

Ottawa sets up capital for infrastructure

Ryan Tumilty
Metro | Ottawa

This week, Federal Finance Minister Bill Morneau is expected to announce the creation of a Canadian Infrastructure bank to invest in projects like roads, highways, bridges and transit systems across the country.

We talked to Matti Siemiatycki, an associate professor in the Department of Geography and Planning at the University of Toronto, for more details on the concept.

What is an infrastructure bank?

Siemiatycki said the role of an infrastructure bank is to finance large public infrastructure projects. The role of a federal infrastructure bank would be to provide capital to provincial and municipal governments.

The bank could also attract large institutional investors, like pension funds, interested in investing in projects, which could raise more money to spend on them.

What are the downsides?

"There is no free money. Either the federal government is going to borrow money or private investors are going to invest in infrastructure, but if it's actually a bank, those investors are going to want their money back," he said.

He adds municipalities don't have trouble financing projects.

"The challenges they have is not getting people to lend them money, it's finding ways to pay it back."

What about the upsides?

Siemiatycki said a program like this centralizes decision making and builds up experience.

"You create a national centre of excellence for infrastructure. You create an institution that has expertise in project evaluation and project selection."

He said that could be better in the long term.

"We have a problem with cost overruns right across this country," he said.

Will this mean more transit gets built more quickly?

He said what the federal government builds with the infrastructure bank will depend on how involved those investors are, because most projects don't generate a lot of money to pay back loans.

"The majority of infrastructure in Canada doesn't have a revenue stream," he said.

Transit does generate revenue, but that doesn't usually even cover operating costs. He said airports, seaports and water projects are among the only projects that generate revenue.

St. Lawrence College
Employment Service | Service d'emploi
Looking for Work–We can Help
St. Lawrence College - Employment Service - OTTAWA
71 Bank Street, 5th Floor • Tel: 613-232-0022 ext 1770
employmentservice.sl.on.ca
EMPLOYMENT ONTARIO

STUDENT LIFE

Recent grad helps renters beware

A recent Carleton grad has created a platform for students to rate their apartments and landlords, hoping to avoid any surprises after move-in day.

Finding the right place to live can be tough, especially for students from out-of-town, said founder and CEO of Dwellyo, Omar Madi.

"(Students) don't know anything about the local neighbourhood. They don't know anything about the landlord's building. They just throw a dart in the dark and whatever they get they stick with," he said.

Even having spent several years in Ottawa completing a mechanical engineering degree, Madi recently ran into trouble renting an apartment himself.

He'd already signed a rental agreement when he showed up at the apartment to set up the Internet and found two policemen at the door.

Turns out the landlord had already rented the apartment to someone else, without telling the property manager, who had rented it to Madi.

That left Madi struggling to find a new place to live, with just a week left before he had to move out of his former home.

The plan for his website is to "minimize post-signing surprises," he said, and he's starting with reviews.

Reviewers can rate their landlord, building management, location, overall experience and more from 'terrible' to 'excellent,' and also provide other input.

But that's just the start. Eventually, Madi wants to build out the website to a "full solution" that would help from start to finish with the renting or leasing process, a bit like Airbnb, he said, but for long-term tenants, not overnight stays.

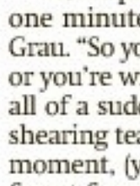
ADAM KVETON/METRO

A Carleton grad has recently started a review website called Dwellyo, meant to give students a better idea of what to expect from their new home. ADAM KVETON/METRO

Matters of the heart

RESEARCH

Surgeon aims to identify at-risk patients ahead of crisis



Adam Kveton
For Metro | Ottawa

A "top-notch" surgeon and researcher recently hired by the heart institute is bringing two new studies to Ottawa that he hopes will keep more patients out from under his scalpel.

Dr. Juan Grau, originally from Spain and former attending academic cardiac surgeon at the University of Pennsylvania School of Medicine, was selected from more than 75 applicants from around the world to fill a spot at the University of Ottawa's Heart Institute.

In addition to expertise in cardiac surgery, Grau brings $6.4 million in research, which aims to create tools that will identify patients more at risk of major aortic and mitral valve issues before they have a health crisis.

"Aortic problems happen from one minute to the next," said Grau. "So you are having dinner or you're with your friends and all of a sudden you feel this … shearing tearing pain … at that moment, (your) life is now different forever."

The last case Grau had in the U.S. was with a mechanic in his 40s. The man had been working on his sister's car when "he felt this pain, and it was a disaster."

Grau worked to reconstruct much of his aorta, but he will have to be closely followed for life.

"You want to make sure that you catch them before they develop this condition. That's what my research is focused on," he said.

Dr. Juan Grau is the University of Ottawa Heart Institute's newest surgeon, chosen from more than 75 applicants from around the world. CONTRIBUTED

> **A top-notch professional.**
> University of Ottawa Heart institute's head of cardiac surgery on Dr. Juan Grau

The heart institute's head of cardiac surgery, Dr. Marc Ruel, called Grau "a top-notch professional," and likened his hiring to building a hockey team. "Sometimes you have to go outside (of Ottawa) and trade for the best person that's out there."

LIVE NOW. PAY IN 2018.

$0 down. $0 payments. 0% interest.*
Start living your LASIK life today.

Book a free consultation at 1-855-301-2020 or lasikmd.com

Lee Chapelle and his wife Christine Jones, daughter Lindy-Ann and son Kyle Lee, sit on a couch inside a "trailer" at Joyceville Penitentiary on their wedding day in June, 1992. THE CANADIAN PRESS

Conjugal visits help offenders reintegrate

JUSTICE SYSTEM

Program increases public safety, experts say

Lee Chapelle has fond memories of spending afternoons with his wife in the mid-1990s, barbecuing in a small yard while his young children played in the grass and mimicked the cows' moos as the animals grazed in a nearby field.

Were it not for the five-metre, barbed-wire penitentiary fence interrupting the view, the scene could easily have been mistaken as an everyday family experience.

Between 1991 and 2010, Chapelle spent about 15 years behind bars for property theft. On more than a dozen occasions over that period, his young family was able to spend as many as three days at a time living with him.

The stays are linked to a long-standing program aimed at increasing the chances of inmates successfully reintegrating into society after their release.

"It was a really big motivation to come home to my family to be able to spend time with my newborn baby and realize just how much was out there and just how much I wanted to be with them," Chapelle said.

Some experts say Canada's so-called private family visit program, which began in 1980 as a pilot project, plays an important role in rehabilitating offenders, and also provides corrections officers with a useful tool for encouraging good behaviour from inmates.

The program has received recent attention after a media report that Kelly Ellard, a notorious killer in British Columbia, is eight months pregnant following a conjugal visit from her boyfriend.

Lisa Kerr, a law professor at Queen's University in Kingston, Ont., said the program recognizes that the majority of federal inmates will be released and that it is in society's best interest to make that process as successful as possible.

"Close personal relationships are part of what makes people have hope about their future and gives them reason to invest in their correctional programming and move towards a release plan," she said.

THE CANADIAN PRESS

BRITISH COLUMBIA

Indigenous adults shamed from speaking languages are key to revival

There's a generation of indigenous people across Canada who were once shamed for speaking their own language.

Now, people who didn't learn their mother tongue from their parents are key to saving and revitalizing the languages, British Columbia researchers say.

Two University of Victoria indigenous languages experts whose own parents did not speak their aboriginal languages at home are moving to bridge the language gap with a mentor-apprentice program that teaches adults.

"There were generations of people, my parents and grandparents, who were sent to residential school and forbidden to speak their language and beaten and shamed and ridiculed and punished in all sorts of awful ways," said Peter Jacobs, a UVic linguist and fluent speaker of his Squamish Nation language.

"A lot of those people who came out of that school system chose not to teach their children the language," he said. "My dad doesn't speak Squamish as his first language for that very reason. That caused a big disruption."

The program focuses on adults learning an indigenous language by being paired with a fluent speaker who is a mentor. The teacher and student are immersed in a curriculum where classes could involve hunting expeditions or family chores but are conducted entirely in the indigenous language.

THE CANADIAN PRESS

TRAIN FOR A CAREER IN
HEALTH CARE!
✔ Fitness and Health Promotion
✔ Medical Office Assistant
✔ Medical Lab Technician
✔ Personal Support Worker
✔ Pharmacy Technician
CLASSES STARTING SOON
CONTACT US TODAY
613-722-7811

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station
www.algonquinacademy.com

*Subject to credit approval. Only applicable towards a Custom LASIK/Custom All-Laser procedure (including Laser PresbyVision™ and lens implant procedures) for both eyes completed by December 31, 2016. Cannot be combined with any other offer or discount. Offer subject to change without prior notice.

Italy's 'soul is disturbed'

NATURAL DISASTER

Powerful quake strikes at nation's identity

The third powerful earthquake to hit Italy in two months spared human life Sunday, but struck at the nation's identity, destroying a Benedictine cathedral, a medieval tower and other beloved landmarks that had survived the earlier jolts across a mountainous region of small historic towns.

Lost or severely damaged in the shaking were ancient Roman walls, Gothic and Baroque churches and centuries-old paintings crushed beneath tons of brick, sandstone and marble.

Italian Premier Matteo Renzi said the nation's "soul is disturbed" by the series of quakes, starting with the deadly Aug. 24 event that killed nearly 300 people, two back-to-back temblors on Oct. 26, and the biggest of them all, a 6.6-magnitude quake that shook people out of bed Sunday morning. It was the strongest quake to hit Italy in 36 years.

An aerial view of the destroyed town of Amatrice as an earthquake with a 6.6 magnitude struck central Italy on Sunday. THE ASSOCIATED PRESS

This handout released by Italian broadcast channel Sky Tg24, shows firefighters helping nuns in Norcia after the quake on Sunday. SKY TG24/AFP/GETTY IMAGES

There were no reports of fatalities — a fact attributed to the evacuation of sensitive areas and fragile city centres. Some 3,600 people had been moved to shelters, hotels and other temporary accommodations after last week's quakes. Many who stayed behind were sleeping in campers or other vehicles, out of harm's way.

Renzi vowed to rebuild houses, churches and businesses, saying, "a piece of Italian identity is at stake at this moment."

"Feeling the earth collapse beneath your feet is not a metaphorical expression, but it is what happened this morning, and half of Italy felt this," Renzi said.

The quake struck another painful blow to the rich artistic heritage of villages that dot the Apennine Mountains.

The worst damage was reported in Norcia, a town in Umbria closest to the epicenter. Two churches were destroyed — the 14th century Basilica of St. Benedict, built on the traditional birthplace of St. Benedict, founder of the Benedictine monastic order; and the Cathedral of St. Mary Argentea, known for its 15th century frescoes. Only the cracked facades were still standing, with most of the structures disintegrating into piles of rubble and dust.

Television images showed nuns rushing into the main piazza as the bell tower appeared on the verge of collapse. Later, nuns and monks knelt in prayer in the main piazza. A firefighter appealed to a priest to help keep residents calm in an effort to prevent them from looking for loved ones.

When the quake struck, nuns from the Saint Mary of Peace monastery in Norcia were praying and singing hymns. The shaking caused their building to collapse and badly damaged their sleeping quarters. Later, firefighters escorted them back inside to retrieve holy books. Then an aftershock hit.

"But we had courage, because we were in our house and the Lord protects us," one nun said.

THE ASSOCIATED PRESS

E-MAILS

Clinton stays on course

Hillary Clinton vowed Sunday that she would not be "knocked off course" in the election's final days, as she sought to push past a new FBI e-mail inquiry in a sexting probe that delivered a late jolt to her race against Republican Donald Trump.

"I'm not stopping now, we're just getting warmed up," Clinton declared during a packed rally with gay and lesbian supporters in battleground Florida. "We're not going to be distracted, no matter what our opponents throw at us."

Trump campaigned in Las Vegas at a casino owned by billionaire GOP megadonor Sheldon Adelson and accused the justice department, without offering evidence, of trying to protect Clinton following the FBI's discovery of new e-mails that could be related to its investigation into Clinton's use of a private e-mail server.

Clinton's advisers and fellow Democrats pressured FBI Director James Comey anew to release more details about the e-mails, including whether Comey had even reviewed them himself. The message was aimed at gathering more information about what the bureau is seeking from a computer that appears to belong to disgraced former New York Rep. Anthony Weiner, the estranged husband of Huma Abedin, one of Clinton's closest advisers.

Tim Kaine, Clinton's running mate, said Comey owed it to the public to be more forthcoming about the e-mails under review by the FBI with only nine days remaining before the Nov. 8 election. Calling Comey's announcement "extremely puzzling," Kaine said that if Comey "hasn't seen the e-mails, I mean they need to make that completely plain."

THE ASSOCIATED PRESS

FRANCE

Makeshift migrant church in Calais holds final service

Ethiopian Coptic migrants pray as they arrive at a makeshift Orthodox church in "the jungle," on Sunday. AFP/GETTY IMAGES

With poignant prayers, scores of migrants attended the final service Sunday at a makeshift church in what remains of the squalid camp in the French port of Calais.

Mainly Eritrean migrants squeezed into the service at a small Orthodox church erected at the camp that has come to epitomize Europe's struggle to absorb migrants and refugees.

The church is one of many handmade structures — including mosques, schools and shops — that demonstrated the migrants' enterprising spirits and offered them solace amid hardship.

French authorities are evacuating the residents of the so-called "jungle" and razing its tents and shanties, which housed up to 10,000 people at its height. The slum-like conditions at the camp became an embarrassment to the French government, which is now relocating its residents to sites around France and urging the British government to do more to help.

Calais, a gateway to the English Channel, has long been a magnet for migrants from the Mideast and Africa seeking to reach Britain.

The clear-out operation is expected to finish soon. Aid group Auberge des Migrants called for visitors to join in Sunday's service to pay homage to those who built the church. Some of the migrants have apparently been living in the church itself since surrounding tents have been torn down. THE ASSOCIATED PRESS

OTTAWA • SMITHS FALLS • ARNPRIOR
Willis College graduates get 100% placement in direct field of study.
Where will you be in one year from now? Get a career that will change your life!
1. START WITH THE WILLIS ADVANTAGE
150 years of success. Downtown Ottawa Campus. Co-op with Fortune 500 companies.
Join the thousands of our graduates who enjoy rewarding and fulfilling careers.
2. GET HELP WITH FINANCING
Come explore your many options of financing available to help. Contact us to find out more.
3. GET THE CAREER YOU'VE DREAMED OF
ADVANCED NETWORK SECURITY PROFESSIONAL DIPLOMA PROGRAM
WILLIS COLLEGE
Book an appointment with a career advisor.
Phone: 613-233-1128
Toll free: 1-877-233-1128
Email: info@williscollege.com
Online: williscollege.com

European Commission President Jean-Claude Juncker, Canadian Prime Minister Justin Trudeau and EU Council President Donald Tusk at the signing ceremony of CETA at the European Council in Brussels on Sunday. AFP/GETTY IMAGES

Canada, EU sign free trade deal

ECONOMY

Trudeau says the 'work is only just beginning'

Prime Minister Justin Trudeau revelled in a long-awaited moment Sunday as Canada's free trade deal with the European Union was signed, but not before recognizing the challenges ahead to bring it fully into force.

Trudeau expressed hope that the so-called provisional application of the deal — approved only by the Canadian and European parliaments but not Europe's 28 states and myriad regional governments — might happen within months.

That, said Trudeau, would result in 98 per cent of the deal coming into force. That's much higher than the 90 per cent estimate that most European and Canadian officials have said would accompany provisional application of the Comprehensive Economic and Trade Agreement, known as CETA.

Trudeau had initially expected to sign the deal in Brussels days ago, but the restive Belgian region of Wallonia nearly killed it because its opposition to the pact's investor-state dispute settlement mechanism gave it a veto under Belgium's complicated constitution.

After seven arduous years of negotiation, Trudeau joined presidents of the European Council and European Commission, Donald Tusk and Jean-Claude Juncker, and signed the massive 1,600-page pact and its accompanying strategic partnership agreement.

The road to full ratification remains long. After Trudeau and his EU counterparts took a moment Sunday to revel in the milestone, the prime minister was willing to acknowledge it would take more than ceremony to fully ratify the deal.

"The work is only just beginning right now," Trudeau said.

"It's not just signing the accords, as difficult and important as that is. It's ... the followup, that we continue to demonstrate and give tools to small and medium-sized businesses."

Trudeau didn't betray a hint of bitterness towards the socialist regional government of Wallonia, led by Paul Magnette, which picked up the anti-CETA baton that had flourished previously in France, Germany and Austria.

> **It's not just signing the accords, as difficult and important as that is. It's the followup.**
> Justin Trudeau

"The fact that throughout people were asking tough questions of a deal that will have a significant impact on our economies, and giving us the opportunity to demonstrate that that impact will be positive, is a good thing," Trudeau said. "That is what a democracy is."

With the Liberals and Conservatives both favouring the deal, its approval will sail through Parliament.

But Europe is another matter.

The European Parliament must approve CETA, with approval expected to come in early 2017. However, the deal must be ratified by the EU's 28 countries and several more smaller regional governments such as Wallonia. THE CANADIAN PRESS

TELECOMMUNICATIONS

'Zero rate' hearings may shift data plans

Canada's telecom giants go head-to-head this week at hearings that could result in a dramatic change to the way Internet is delivered across the country.

The hearings are being held as new figures show Canadians' appetite for data is ballooning.

The Canadian Radio-television and Telecommunications Commission review, being held in Gatineau, Que., stems from a complaint about Quebecor-owned Videotron over the way it bills customers for the data they use.

The company launched an unlimited music streaming service in August 2015, allowing its customers to stream music from specific third-party services without it counting toward their monthly data cap, a practice dubbed as zero rating, also known as differential pricing.

93
The CRTC's report says **Canadians download an average of 93 GB per month.**

The Public Interest Advocacy Centre complained the new service allowed Videotron to discriminate against other music-streaming services that were still subject to data usage fees.

Major service providers including BCE Inc. and Telus Corp. are in favour of the practice, arguing it results in more choice.

Rogers Inc., on the other hand, calls zero rating discriminatory, saying it limits competition.

The CRTC's annual Communications Monitoring Report for 2016, issued last week, gave weight to the importance of the data cap hearings. It revealed that the average amount of data downloaded by Canadians has skyrocketed, with broadband usage increasing 40 per cent from 2014 to 2015, and Canadians downloading an average of 93 gigabytes monthly. Mobile data usage saw an increase of 44 per cent. THE CANADIAN PRESS

Slash a month off your bill before Halloween night.

WIND'S FALL WINDFALL
Get our $40 plan, including 3GB of data with unlimited Canada-wide talk and global text, for just $35 a month. **Plus, this weekend only, receive an additional treat of one month free.**

~~$40~~
NOW ONLY
$35/mo
for 10 months. Offer ends soon.

windmobile.ca
true mobile freedom
WIND

Learn more at windmobile.ca. Offers valid from October 27 to 31, 2016, are subject to change without notice, and may not be combined with any other in-market offers, with some exceptions. To be eligible for the $50 Service Credit offer, you must activate a new Pay After line on a plan with a monthly charge of at least $40. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. The credits will start to be applied on the second bill after activation. To be eligible for the One Month Free offer, you must activate a new Pay After or Pay Before line on a plan with a monthly charge of at least $40. You must remain on an eligible plan from the time of activation until the credit is applied. A one-time service credit will be applied to your account in the 6th month of service equal to the monthly recurring charge that you are charged in month 6. All services subject to WIND's Terms of Service, Fair Usage and Internet Traffic Management Policies. Applicable taxes extra. Additional terms and conditions apply. Samsung and Samsung Galaxy S7 edge are registered trademarks or trademarks of Samsung Electronics Co., Ltd. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids. I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do.

Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation, and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that, too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Need advice?
Email Ellen:
askellen@metronews.ca

Millennials are turning their backs on Trudeau

Vicky Mochama
Metro

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people — that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programing that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod**
VICE PRESIDENT & EDITOR **Cathrin Bradbury**
EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout**
MANAGING EDITOR OTTAWA **Steve Rennie**
ADVERTISER INQUIRIES adinfoottawa@metronews.ca **General phone** 613-236-5058

FALL OPEN HOUSE
2016
November 1 & 2
Ottawa Campus
The job market is changing.
Discover how you can change with it.
Meet instructors and current students.
Take a tour. Ask about graduate
certificate and degree programs.
Plus, see how you could win up
to $4000 towards your tuition!
Register Now for this FREE Event
algonquincollege.com/openhouse
ALGONQUIN COLLEGE

metro LIFE

Your essential daily news

Rachel McAdams game for Mean Girls sequel if Tina Fey is on board

Long may she reign on Netflix

TELEVISION

Biographical series The Crown hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series The Crown, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — Crownton Abbey, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner watercolour!

And yet, this 10-part Netflix offering — written by Peter Morgan, who also scripted The Queen, with Helen Mirren — is more like the stepchild spawn of Downton Abbey and House of Cards.

Where Downton was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — The Crown, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which The Crown leeches off far-away-but-not-too-far history, it's the best such series since Mad Men, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which The Crown throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on The Walking Dead.

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO

Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth. CONTRIBUTED

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, The Crown providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with kneeling to her at the coronation — is also a standout.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in Downton Abbey looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in The Crown. The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of The Crown are best viewed as kind of sequel to The King's Speech. It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading.

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners. Both Edward and Wallis show up, and the two of them begin acting as a kind of Greek Chorus on the goings-on at Buckingham Palace. The hate, meanwhile, is mutual.

Ottawa metro

Lest we Forget

SPECIAL METRO TRIBUTE

NOVEMBER 10, 2016

RECOGNIZE THE VETERAN IN YOUR FAMILY

By placing an acknowledgement and photo in ***LEST WE FORGET***, you'll celebrate your family's legacy and pride for 130,000 Metro readers to see.
Make sure that your family hero is a part of this special honour to our war veterans. Their commitment and sacrifice should never be forgotten.

TO PLACE YOUR ORDER, EMAIL:
adinfoottawa@metronews.ca
Be sure to include the subject line **"Lest We Forget"**
All submission need to be received no later than 12pm, November 3rd.

*AD IS NOT TO SIZE.

ACTUAL SIZE - 4.921" W x 1.64" H. • MAXIMUM WORD COUNT: 50

YOU CAN DO THIS IT SPECIALIST

'Technology makes me happy'

WHY I LIKE MY JOB

Steven Murray, 26, Operations IT Specialist at Veridian Connections

My first stint in the IT industry involved fixing computers for friends and family. That eventually developed into a small side business while I studied the computer programmer analyst program at Durham College. During my final year of studies, I signed on with Veridian Connections for a 12-month internship, which naturally led to a full-time position.

My duties now involve supporting Veridian's powerline technicians with the use of their computer tablets. I helped design the system called 'Mobile Workforce Management,' which the technicians now use to inspect equipment and to coordinate the movement of Veridian assets in the field. I also work closely with our GIS (Graphical Information System) group. They are responsible for inputting engineering drawings into the database to be viewed by the company.

I enjoy working in this field because it allows me to be creative in finding solutions to problems. Also, there's an amount of pride that comes along with knowing the software I'm creating will be used by many people for years to come. In general, helping people with technology makes me happy.

THE BASICS: IT Specialist

$48,691

Median annual salary for an entry-level IT specialist. Many professionals move on to senior roles as IT Manager or IT Architect, generating a minimum of **$61,000** per year.

+9%

Projected job growth rate over the next **eight years.**

HOW TO START

Although a bachelor's degree in computer sciences or information systems will go a long way, there are a variety of two-year diploma programs that train students in system diagnostics, data communications, applied Internet technology and general technical support. Popular programs include computer programming, database application development, and computer networking and technical support.

WHERE YOU CAN GO

Whether a start-up or large corporation, most employers are actively seeking service specialists, network technicians and IT administrators to provide support. Candidates with strengths in customer service, programming, network configuration and software development can expect to connect with exciting careers in banks, consulting firms, government agencies and manufacturing plants, to name a few.

NEXT CAREER STEP

Current and aspiring IT specialists should consider researching and learning the following to keep up with today's ever-changing labour trends: Database user interfaces and query software (MS Access, MySQL), operating systems and networking software (Cisco IOS, Linux, Microsoft) and web platform development software (Apache Tomcat, Drupal and JavaScript). Of course, these are only a handful of examples — new technologies, languages, software and hardware are constantly emerging.

SPENDING

Living those caviar dreams on a tuna can budget

Gail Vaz-Oxlade
For Metro Canada

There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that they own a specific brand? Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not just the young who are susceptible. In one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less ($976) than those who used the Apple accessories ($1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead. Researchers gave half the students a generic replacement battery and the other half a brand-name battery. After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would rate them. Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon? I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they interact with the world. I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

$ MONEY

Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

For more money advice, visit Gail's website at gailvazoxlade.com

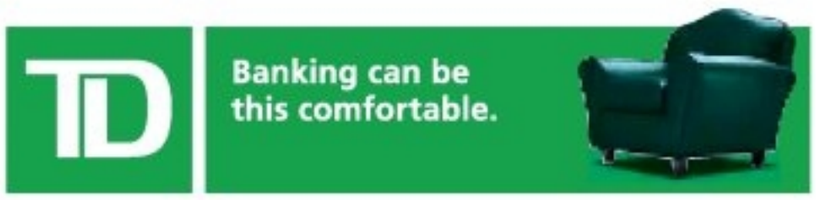
Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. ISTOCK

It's never been easier
to get on board.

Flexible TD® Aeroplan® *Visa Infinite** Card benefits let you travel on your terms. With Aeroplan: Get any seat. Fly for less.[1] And be there to enjoy life's richest rewards.

Apply by December 2, 2016 and get up to 30,000[2] Aeroplan Miles. Conditions apply.

Visit tdaeroplan.com/ot or call
1-888-714-4459 to learn more



[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro SPORTS

Gareth Bale's contract extension with Real Madrid will make him the highest paid soccer player at a reported 150M euros over the next six years

Another draw as Redskins rue comedy of OT errors

NFL

Dalton fumble, Hopkins miss let Bengals off the hook

The Washington Redskins and Cincinnati Bengals played to a 27-27 draw Sunday in London as the NFL got its second tied game in a season for the first time since 1997.

The sold-out crowd of 84,488 at Wembley Stadium left deflated and even puzzled as the regulation-time shootout between Kirk Cousins and Andy Dalton turned into an overtime comedy of errors.

"It definitely feels more like a loss than a win, because we moved the ball so well and had so many opportunities to win," Cousins said. Washington (4-3-1) appeared to have the game won with 2:13 left in overtime, but Dustin Hopkins hooked his 34-yard field goal attempt wide left.

Hopkins — whose first overtime attempt sailed smoothly through the uprights but was negated by a last-second Bengals timeout — appeared calm and unruffled in the locker room. "It was slick out there, but that didn't have an effect on any of my kicks," said Hopkins, who also was badly short on a 55-yard attempt at the end of the first half.

The Redskins got the ball back with 1:11 remaining when Dalton fumbled at the Bengals 47 on a quarterback sneak. Cousins couldn't connect downfield and tossed his final desperate pass tamely into the sideline to preserve the draw. Cincinnati is 3-4-1.

The unlikely result came one week after the Seattle Seahawks and Arizona Cardinals tied 6-6 . "Obviously not winning the game is disappointing," Bengals coach Marvin Lewis said. "We had opportunities on both sides of the ball to win it."

Cousins finished with 38 completions for a season-high 458 yards on a team-record 56 attempts, with touchdowns to Jordan Reed and Jamison Crowder. He also threw an inconsequential interception on a deep ball.

Dalton completed 27 of 42 for 284 yards and a touchdown to Tyler Eifert, who saw his first significant game action following off-season back surgery. Eifert made nine catches for 102 yards, while A.J. Green generated 121 yards on nine catches. Dalton also tossed a costly interception early in the fourth quarter with the Bengals driving deep into Washington territory.

THE ASSOCIATED PRESS

Washington Redskins' kicker Dustin Hopkins misses a field goal to win the game in overtime during the NFL International Series Game between Washington Redskins and Cincinnati Bengals at Wembley Stadium. DAN MULLAN/GETTY IMAGES

SUNDAY in London

27	27
REDSKINS	BENGALS

ELSEWHERE

New Orleans edges Seattle

Drew Brees passed for 265 yards and a touchdown and scored on a quarterback keeper as the New Orelans Saints defeated the Seattle Seahawks 25-20 on Sunday.

The win wasn't assured until New Orleans' much-maligned defence came up with a stop on Seattle's final drive. Russell Wilson took the Seahawks (4-2-1) to the New Orleans 10, where on one final play he passed into the end zone. Jermaine Kearse caught it but landed out of bounds.

THE ASSOCIATED PRESS

Brady equals record as Patriots defeat Buffalo

Patriots quarterback Tom Brady asserted his on-field ownership of the Bills again, matching an NFL record in beating them for the 26th time.

Brady went 22 of 33 for 315 yards and threw four touchdowns. He improved to 26-3 against Buffalo , and matched a record set by Brett Favre, who went 26-9 against Detroit.

The Patriots (7-1) have won four straight since Brady returned after serving his four-game "Deflategate" ban. THE ASSOCIATED PRESS

ICE SKATING

Chan gets Stojko advice after gold

Imagine running a 1,500-metre cross-country race up and down hills, while leaping over barriers and carrying a sack of potatoes. That's how Elvis Stojko describes the long program in men's figure skating.

Patrick Chan won his seventh Skate Canada International title on Saturday, but it was with a flawed program that petered out over the final couple of minutes, and had the 25-year-old from Toronto describing himself as the "least-bad skater" on the night.

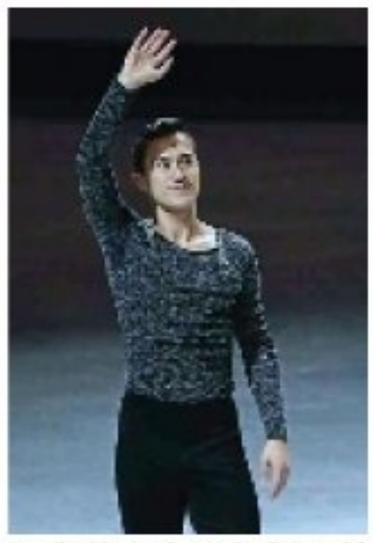
So Stojko pulled Chan aside to offer advice that could help put him in medal contention at the 2018 Pyeongchang Olympics.

"Patrick, he relied on the artistry for so long until everyone caught on, but in the meantime everyone was working on the quads," Stojko said. "Now, he's got one season to get this. He's got to do it now. And I told him 'You're going to make the mistakes bro. You might have to give up competition wins for it.'"

The mistakes were many on Saturday. To keep pace with his competition, Chan debuted an ambitious program that included three quads. He started off beautifully, landing a huge quad and triple Axel, but fell on his second quad attempt, and turned the third into a triple. He downgraded several jumps over the final lung-busting couple of minutes.

On a night that saw all but Canadian Kevin Reynolds struggle, Chan's was one of three gold medals for the host nation.

THE CANADIAN PRESS



Patric Chan after winning gold TOM SZCZERBOWSKI/GETTY IMAGES

CFL

Als prevail to deprive Stamps of win record

Alouettes quarterback Rakeem Cato threw for 113 yards and a touchdown and ran for another 75 yards as Montreal stunned the league-best Calgary Stampeders 17-8 on Sunday.

Vernon Adams threw for 106 yards for Montreal (6-11-0) before leaving the game with an injury at the start of the third quarter. Wide receiver Tiquan Underwood had 77 receiving yards and a touchdown.

QB Drew Tate went 22 for 37 for 218 yards and two interceptions for Calgary (15-2-1), which had its 14-game winning streak snapped.

The Stampeders, who hadn't lost since June 25, also failed to tie the single-season CFL wins record. THE CANADIAN PRESS

SUNDAY in Montreal

17	8
ALS	STAMPS

GRAND PRIX

Hamilton closes gap on Rosberg with Mexico win

Lewis Hamilton survived a nervous start to win the Mexican Grand Prix on Sunday, grabbing another victory he needs as he chases Mercedes teammate Nico Rosberg for the Formula One season championship.

But with a 19-point deficit to Rosberg and just two races left, Hamilton is running out of time. Rosberg finished second.

THE ASSOCIATED PRESS

WORLD SERIES

Ticket prices falling with Cubs on brink

A pair of World Series losses for the Chicago Cubs led to a drop in the asking prices for Game 5. About 4-1/2 hours before the scheduled start of Sunday night's game against Cleveland, asking prices on StubHub started at $748.

Before Game 3 at Wrigley Field on Friday, the lowest asking price was $1,019. The Indians led the Series 3-1, needing one win for their first title since 1948.

Atmosphere outside the century-old North Side ballpark also was dampened, with only a few people outside Murphy's Bleachers rather than a lengthy line.

After a pair of relatively warm days, the temperature had dropped into the low 50s Sunday afternoon with a stiff wind. The Cubs last won the Series in 1908.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5

RECIPE Roasted Pepper Penne

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

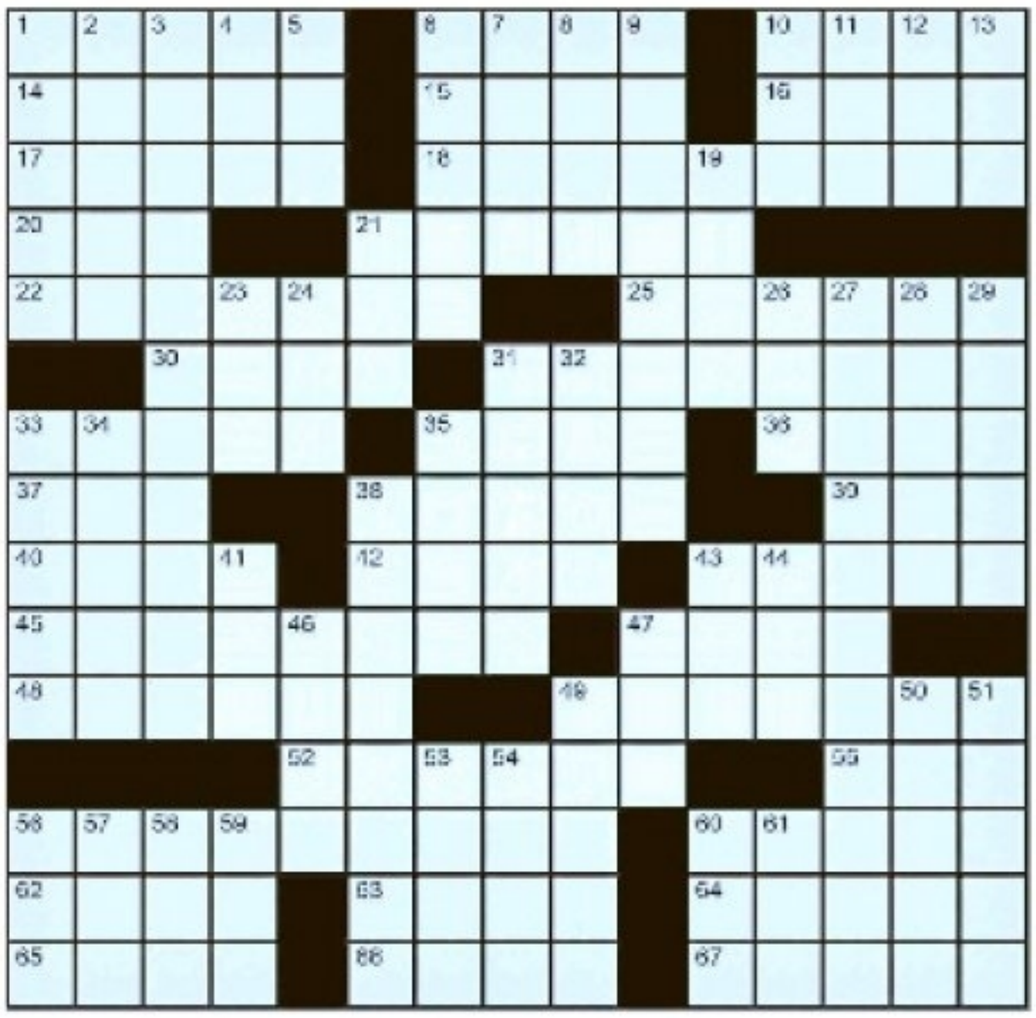
4 Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5 Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _-_'-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell _ _ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding _..."
35. Cruel
36. Hurting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. _ and gore
48. _ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van _ the Elder
64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN
1. Volkswagen model
2. Tapestry wall†hanging
3. "Monster Mash" bit: "...with their vocal group, 'The _-_ Five'."
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment
6. Oversight
7. Ballet move, Pas _
8. Prie-_ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French
11. Sprinted
12. "The Walking Dead" US airer
13. British honour [acronym]
19. "Weeell??"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror flick "Visiting Hours"
27. Witch transports
28. "Able was _ _ _ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly _ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. 'Miss' in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slammer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive??": 2 wds.
51. Pecan-ish
53. Just _ _ on the map
54. "Fancy that."
56. Li'l garage worker
57. All Hallows' _
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turndown

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces
Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8		1	6			5	
4							7	9
				9				
7			3					
6		8				7		1
					4			5
				4				
9	1							8
	3			7	8		6	

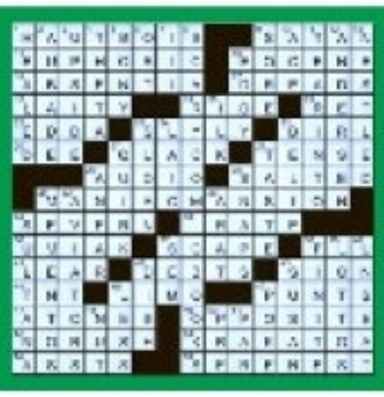
©2016 Conceptis Puzzles, Inc. by Krag Frederic Jenkins, Jr.

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

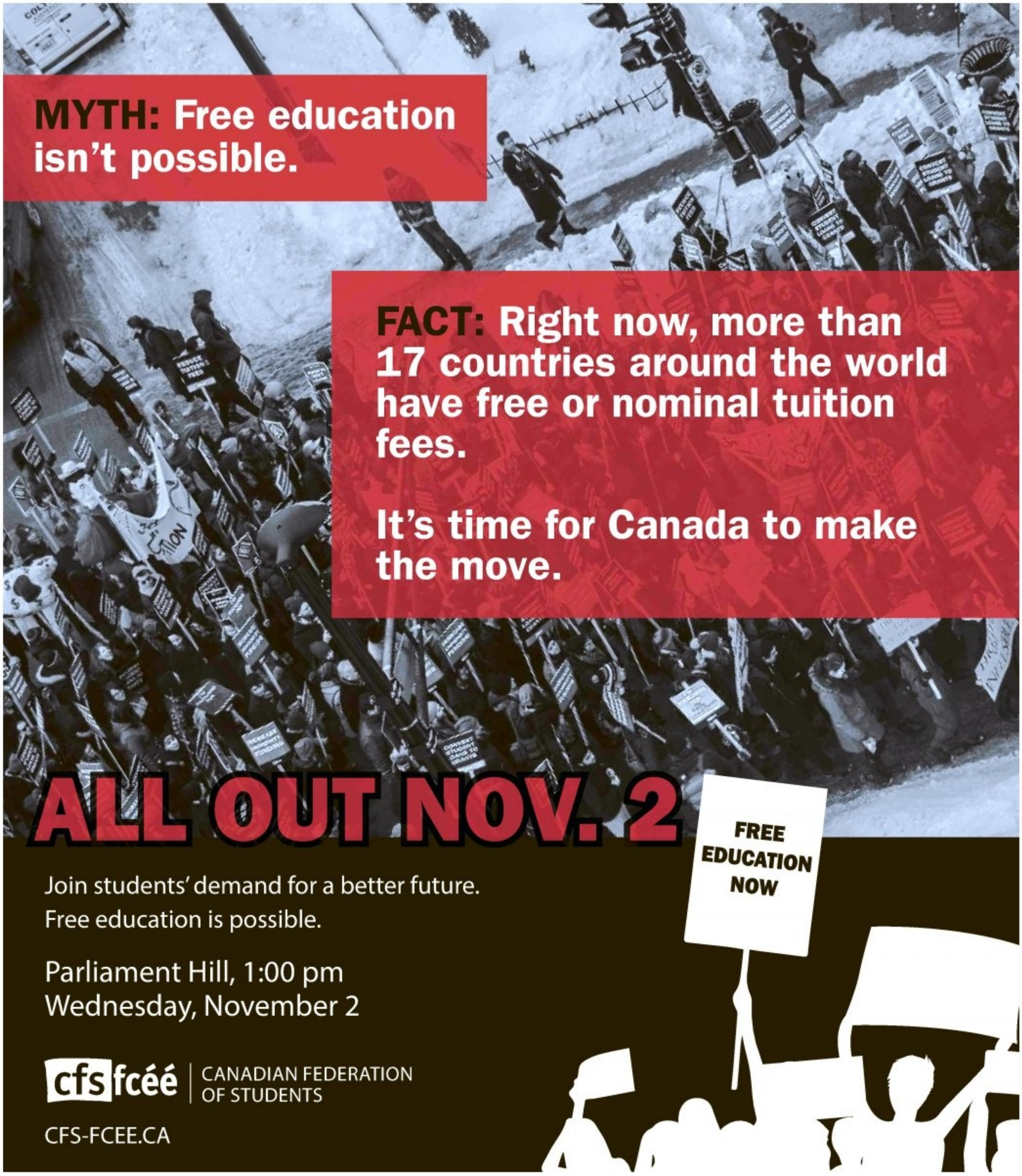
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	3	5	7	6	2	1	8	9
1	8	2	5	9	4	3	7	6
9	6	7	1	8	3	5	2	4
6	9	8	4	2	5	7	1	3
2	1	3	9	7	8	6	4	5
5	7	4	6	3	1	2	9	8
3	2	1	8	5	9	4	6	7
8	5	6	2	4	7	9	3	1
7	4	9	3	1	6	8	5	2


MYTH: Free education isn't possible.
FACT: Right now, more than 17 countries around the world have free or nominal tuition fees.
It's time for Canada to make the move.
ALL OUT NOV. 2
FREE EDUCATION NOW
Join students' demand for a better future.
Free education is possible.
Parliament Hill, 1:00 pm
Wednesday, November 2
cfs fcéé | CANADIAN FEDERATION OF STUDENTS
CFS-FCEE.CA